

and the patient's anxious friends. The various modern devices for rapid and inexpensive transit will, I believe, in great measure, obviate this necessity, and thereby add to the length of life and usefulness of the private nurse.

A plan of life which unfits the individual to pursue her vocation after ten years of service is unworthy of our civilization. A worthy nurse is not only worthy of remuneration upon which she may subsist, but she is also worthy of a fair opportunity to live a life of average length.

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## HOUSEKEEPING FOR TWO

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PERHAPS one of the hardest times of the year to feed ourselves or others is in the early spring months. The winter dishes have lost their attraction, the summer fruits and vegetables are still a long way off, except for city dwellers, who have the doubtful privilege of paying a high price for hot-house or southern products. Many of us have had too much furnace heat and too little out-door air for several months, and both appetite and spirits show the effect. At no time of the year, possibly, does it matter so much how food looks. And once more, the salad is the best of resources. But what is it to be made of in these degenerate times? A firm, crisp carrot is still available, and a potato.. Remove the skin, and cut the vegetables into half-inch dice. Drop them into boiling water, and let them boil very gently, so that they will not break, until tender. They may be cooked together, putting the carrots over about ten or fifteen minutes before the potatoes. When they are done, drain them and drop them into cold water and let them stand until chilled, then drain again. Mix them with plenty of well-seasoned mayonnaise or cooked dressing, and, if a small head of lettuce is obtainable, serve the salad on a leaf or two of that. If you haven't the lettuce, the salad itself piled lightly on a dish, with a spoonful of dressing on top, is sufficiently attractive. Make some little baking powder biscuit, mostly crust, to eat with it, and see what a good spring-time lunch you have.

Fresh tomatoes are a temptation in city markets long before their proper season arrives. But at twenty-five cents a pound they are a temptation to be strenuously resisted by the economical housekeeper. Buy a can of tomatoes instead, and use a cupful of it to make a tomato jelly salad, which will be a pleasure to both eye and palate. The rest of the can may be used for sauces or soup, or as plain stewed tomatoes.

**Tomato Jelly Salad.** One cup stewed and strained tomatoes well seasoned, three-quarters teaspoon granulated gelatin, two tablespoons cold water. Soak the gelatin in cold water five minutes, then set the dish over hot water until the gelatin is thoroughly dissolved. Remove from fire, stir in the strained tomatoes, and strain the mixture into custard cups or sherbet glasses which have been wet with cold water. Set in a cold place, and, when thoroughly chilled, turn out on lettuce leaves, and put a spoonful of thick mayonnaise on each mould.

Horseradish is a good spring-time relish, and a lettuce salad served with olive oil and a little grated horseradish mixed with vinegar is most appetizing.

The potato needs fixing up a little in the spring to make it acceptable until new potatoes are once more possible. One variation may be scalloped potatoes. Pare two potatoes and slice them very thin. Put them in a baking dish and pour over them a half-cup of hot milk in which a tablespoon of butter has been allowed to melt. A quarter teaspoon of salt should be added to the milk. There should be milk enough to just cover the potatoes. Bake an hour or more in a moderate oven. The potatoes should be very tender, the milk absorbed, and the top nicely browned.

Creamed potatoes look much more spring-like if a teaspoonful of chopped parsley is sprinkled into the white sauce. Anything green, anything new, anything with a zest and a snap in it for the early spring time. And it won't hurt you any to go without a meal some day, and just put a sandwich in your pocket and go out and hunt up the green things that are beginning to poke up through the ground.

Eggs fortunately are getting cheaper and are good. A dropped egg on a thin slice of brown toast with two or three crisp curls of bacon appeals to sight and smell and taste. For the eggs, bring the water to the boiling point, then set it off the fire, and slip the eggs, one at a time, into the water from a small dish, being very careful not to break the yolks. Cover the pan and let the eggs stand while you make the toast and butter it. Slip a knife under each egg to loosen it from the pan, lift it on a skimmer, drain it thoroughly and slip it on the toast. Meanwhile the bacon should be cooking. If you buy bacon in the piece, you must have a very sharp knife to shave it in thin slices. If the butcher cuts it for you, you will have to stand over him to make him cut it thin. It is easier but considerably more expensive to buy sliced bacon in glass jars.

For the bacon, have the frying-pan hot, put in the slices and brown them on each side. Don't let the fat smoke, or your bacon will be scorched and your house unnecessarily saturated with the smell of over-

heated fat. If the bacon is thin and nicely browned, it will become crisp as it is taken up.

A thin slice of broiled ham may take the place of the bacon sometimes. Ham must be of very good quality if it is to be broiled. Have it cut thin and cook it quickly over a hot fire. Broiled ham and dropped eggs are more wholesome, more delicate and less odiferous than fried ham and eggs.

**Creamed Codfish.** Pick apart the salt cod in small pieces, making a half-cupful. Cover it with cold water and bring it gradually to the boiling point. Drain it, leaving about a tablespoonful of water on the fire. Make a cup of white sauce, using two tablespoons each of butter and flour to a cup of milk. Add the fish to the white sauce, and just before serving stir in a beaten yolk of egg.

**Steamed Custard.** Two eggs, two tablespoons sugar, one and one-third cups milk, few grains salt, one-half teaspoon vanilla (scant). Scald milk. Separate whites and yolks of eggs. Beat yolks slightly, add sugar, stir in scalded milk, add salt. Cook over hot water, stirring constantly until the mixture is of the consistency of cream. Cool, add vanilla, and turn into serving dish. Beat the whites until stiff, add one tablespoon granulated sugar for each white. Take up the egg white in teaspoonfuls, smooth it with a knife and drop it on hot water. Cook until the surface is firm and dry. Drain and scatter over the top of the custard. Thoroughly chilled, this is a very acceptable dessert as the weather grows warmer.

If cooked too long or at too high a temperature, custard is likely to curdle. If it should begin to curdle, set the dish quickly in cold water, and beat the custard vigorously with a dover egg beater. This will often make it smooth again. When the custard is first put on to cook, it will run off a metal spoon like milk. When it has cooked enough, it will cling to the spoon like cream. As soon as it does this it should be taken out of the hot water.

A word should have been said in the last number about the measurement of flour. Flour should be sifted before measuring, and then should be piled lightly in the cup with a spoon, without packing or shaking down. This gives a fairly uniform measurement. If this rule is followed, the proportions given in the muffin recipes will be found correct, while, if the flour is packed, the muffin batter will be too stiff. The muffin rules call for pastry flour, which will make them more tender than bread flour. It is possible, however, to make good muffins from bread flour, but it should be used in smaller quantity, as it takes up more moisture than the pastry flour.